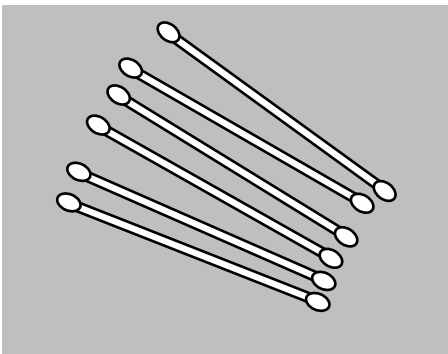


Facts About **NORPLANT**



What is Norplant?

Norplant is a birth control medicine which stops a woman's body from releasing an egg to make a baby. In order to work, six stick-like capsules which have the medicine inside are put under the skin of your arm.



How does it work?

One day after the capsules are in, the medicine works by

itself. You do not have to remember anything or do anything for five years. At the end of five years, a doctor or nurse will need to take the capsules out.

How well does it work?

Tests show that Norplant prevents pregnancy 99 percent of the time. This means it works about as well as having your tubes tied, but it is not permanent.

Why is Norplant a good choice for me?

Once Norplant is put in, there is nothing to remember. Norplant works all the time for five years. If you want to have

a baby before it is time to take out the capsules, a doctor or nurse can take the Norplant out and you can get pregnant soon after.

Is there anyone who should not use Norplant?

You should not use Norplant if:

- 1. YOU THINK YOU ARE PREGNANT.**
- 2. YOU HAVE EVER HAD BLOOD CLOTS IN YOUR LEGS, LUNGS OR EYES.**
- 3. YOU HAVE EVER HAD BREAST CANCER OR LIVER TUMORS.**
- 4. YOU HAVE HAD BLEEDING FROM YOUR VAGINA AND YOU DON'T KNOW WHY.**

CONTINUED ON BACK

Facts About Norplant, cont.

Will I have any problems if I use Norplant?

Most women do not have many problems when they use Norplant. Many women who use Norplant may see a change in how often they bleed in a month. Some bleed more. Others may not bleed at all. These changes will not hurt you. After your body gets used to the Norplant, your periods will probably get more regular. This usually happens by the end of the first year.

Sometimes Norplant will cause you to gain a little weight, feel sick to your stomach, feel nervous, cause pimples or headaches, lose a little hair or have more hair growth. If you have any of these problems, they usually do not last long.

Sometimes it is hard to take Norplant out. If this happens, it may take two visits before all of the capsules are taken out. This does not happen very often.

Are there any warning signs I need to watch for?

Almost no women have a bad problem with Norplant. But because Norplant is medicine, it can cause a problem for some people. Call your doctor or nurse if any of these warning signs happen to you:

1. Heavy, bright red bleeding from your vagina. This would be bleeding that soaks 3 or 4 pads or tampons a day for 3 to 4 weeks.
2. No period after your periods have been on time, especially if you have pain in your stomach or belly.
3. Pain in your arm or any pus, bleeding or red skin where the Norplant was put in.

4. Norplant capsules come out.
5. Bad pain in your stomach or belly.
6. Headaches that hurt more than usual or make you sick to your stomach or happen more often.
7. Chest pain, trouble breathing, pain in your legs.

To prevent possible problems, try to stop smoking if you smoke. Right now, it is not known if cigarette smoking hurts women who use Norplant. **To help you be healthy, it is best that you do not smoke while using Norplant.**

Where can I get Norplant?

Some health departments and private doctors' offices.

Can I breastfeed my baby if I have Norplant?

Yes!

REMEMBER:

Norplant will not keep you from getting AIDS or any other disease you can get when you have sex.

To help protect yourself, use a latex condom each time you have sex.

DOCTOR/CLINIC PHONE NUMBER: